Beyond the Curriculum

Beyond the Curriculum offers an extensive extra-curricular program for students from Kindergarten to Year 12.
Beyond the Curriculum

Fun, friendship and learning that extends beyond the curriculum

The Beyond the Curriculum Department which is affectionately known as the BTC, provides an extensive extra-curricular program for students from Kindergarten to Year 12 and an Outside of School Hours Care (OSHC) program for the junior school. The purpose of our programs is to complement and enhance students schooling experience by encouraging participation, fun, friendship and learning that extends beyond the curriculum. Through our wide range of BTC programs students can discover a new passion and develop lifelong skills to support them through their academic career and beyond. All of our programs are guided by our expert staff in a safe and social environment where students can thrive.

If you would like any further information on any of the programs, please contact us:

btc@stcaths.nsw.edu.au
+61 2 8305 6313
26 Albion Street, Waverley, NSW, 2024
Yoga and Pilates
There are many benefits to participating in yoga and Pilates, physical benefits can include; improved flexibility, increased strength particularly core strength, balance, good posture and body awareness. Yoga and Pilates can also have a positive impact on mental health, helping to reduce stress, evoke relaxation, develop clarity of thought and increasing one’s ability to remain focused.

**Junior yoga** - Our junior yoga classes incorporate stories, themes, music and yoga games to develop body awareness, self-esteem, flexibility and strength. Available to students in Kindergarten - Year 6.

**Open yoga and Pilates** - This general program is for any girl who would like to try yoga and Pilates to improve flexibility, increase muscle strength, improve physical coordination and balance. Aside from the clear physical benefits of better posture, core strength, and muscle flexibility, this class will assist teenagers with improving mental concentration, enhancing breathing, relaxation and sleep, and helps encourage a deeper and more balanced relationship with their bodies. Available to students in Year 7-12.

Chess
Chess is not only a fun and social activity for students, it also has many proven benefits. Playing chess aids in the development of critical thinking skills such as problem solving, decision making, concentration, spatial thinking and numerical abilities. Our junior chess class is available to students in Years 1-6 and our senior chess class is available to students in Years 7-12.

Visual Arts
In our visual arts program students create works inspired by famous artists, nature, animals, imagination and the students themselves. Students will gain confidence in their ability to create by exploring art processes which include drawing, painting, printmaking, ceramics, textiles, graphic design and sculpture. Classes are available every day after school for junior school students only.
Snowsports

The annual BTC snowsports trip is open to students from Years 5 to 11. This recreational snowsports trip to Smiggin Holes in Perisher Valley is held in the first week of the winter school holidays. Students of all levels of experience are welcome to attend, even beginners! Students can opt to ski or snow board and with all lessons, equipment, meals and accommodation included.

Cardio fitness

Lifelong physical activity is integral to developing and maintaining good mental and physical health. Our cardio fitness program caters for beginners and more advanced athletes and will work on developing or improving core strength and cardiovascular fitness. Classes include a variety of fitness disciplines including: aerobics, boxing and circuit training, utilising a variety of gym equipment. *Cardio fitness classes are offered before school to senior school students only.*
Tennis

Offering a wide range of different coaching options catering to all abilities

Pee Wee Tennis
In this class, low pressurised balls are used to work on improving gross motor skills whilst introducing tennis skills in a modified format. Students work on stroke production, play fun games and develop confidence. Pee wee tennis is available to students in Kindergarten - Year 4.

Performance Squads
These squads are for girls that are playing in school competitions and aspiring to join the Tildesley team. Lessons focus on tactical and movement elements of the game to improve confidence and assist in transitioning to tournaments.

Private, semi private and group lessons
A private, semi private (2 students) or group lesson (3-4 students) of 30, 45, 60 minutes can also be arranged.

Tournament Training Squad
This is a selective squad for girls that show high ability and work ethic and are competing in Australian ranking tournaments.

Development Squads
These lessons are structured with drills focused on match-play situations. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun environment. Development squads are available to students in Year 5-12.
Drama

Beyond the Curriculum drama is comprised of two distinct areas, group drama classes and Trinity College London classes.

Group drama classes

Group drama classes cover a broad range of theatre skills including improvisation, storytelling, poetry, physical theatre, script writing, vocal techniques and character development. All group drama classes prepare a scene to perform at our annual BTC drama showcase. Our group drama classes are divided into Infants for students in Kindergarten - Year 1, junior for students in Years 2-6 and senior for students in Years 7-12.

Theatresports

Learn the art of improvisation through a series of games to create and perform original, unscripted and entertaining scenes on the spot. Students will improve their teamwork, character development, narrative and stagecraft skills whilst gaining confidence in these very fun and often hilarious classes. Theatresports students will have the opportunity to put their skills to the test and compete against other schools in Impro Australia’s illustrious Theatresports Schools Challenge. Theatresports classes are available to students in Years 5-12.

Broadway

Aladdin, Mary Poppins, Annie, The Sound of Music… you might have seen one or more of these musicals. And what do they have in common? Singing! Acting! Dancing! Our Broadway classes offer students the opportunity to work on a piece of music from a Broadway production with a focus on acting through music and dance. Our junior Broadway class is for students in Years 2-6 and our senior Broadway class is for students in Years 7-12.
Trinity Drama and Speech Classes

Trinity College London drama and speech classes are individual, pair or small group lessons that follow a syllabus provided by the internationally recognised Trinity College London. Students prepare for a graded examination in one of the following areas; acting and speaking, communication skills, musical theatre or performance arts. Students are also given the opportunity to perform in our annual BTC drama showcase. *Trinity College drama and speech classes are available to students in Years 3-12.*
Dance

At St Catherine’s we believe dance creates confident young women. By providing a supportive atmosphere students explore new ways of moving and performing, foster a love of dance and freedom of expression. We aspire to make every class fun, dynamic, creative and stimulating to the student’s imagination.

Jazz - Jazz is a fast paced, high energy class that incorporates jazz technique such as kicks and turns with strong and sharp movements. Available to students in Kindergarten - Year 12.

Ballet - We offer ballet classes for all levels which follow the Royal Academy of Dance syllabus. Available to students in Kindergarten - Year 12.

Tap - Our tap classes are taught in the style of stomp tap. This style of tap uses heavy beats and body percussion. Tap is available for the beginner through to the advanced. Available to students in Kindergarten - Year 12.

Lyrical/Contemporary - This class concentrates on the technique base of contemporary dance, focusing on strength, balance and agility. This is coupled with expressive interpretation of lyrical and contemporary pieces of music. Available to students in Kindergarten - Year 12.

Hip Hop - Hip Hop is a high energy style that incorporates techniques of popping and locking, tutting and more. Available to students in Kindergarten - Year 12.

Triple Threat - This class is ideal for any student who wants to specialise in the three disciplines of singing, dancing and acting. Available to students in Years 2-6.

Private lessons - Private lessons are offered to students who wish to develop technique, or to choreograph a solo, duo or trio routine to perform in Eisteddfods and community events.
Dance representative opportunities

Our dance teams and company allow St Catherine’s students the opportunity to represent the school in competitions around Sydney. All students are welcome to audition for dance teams, even if your child dances at an external dance school. As a member of the dance teams or company, students must attend two weekly classes. Our junior dance team is open to students in Years 2-4, our intermediate dance team is open to students in Years 5-6 and our company is open to students in Years 7-12.

All dance students have the opportunity to perform in our annual RAW dance performance as well as the annual STC Studios showcase at the end of the year.
Gymnastics

The perfect activity to prepare children for long-term participation in sport and develops vital life skills. All classes are designed especially for your child’s needs, which can be the perfect way to get fit and strengthen your body.

Artistic Gymnastics
Women's artistic gymnastics is for students of all ages. Artistic gymnastics builds power and skill, as well as grace and creativity. It also develops coordination, body awareness, and discipline. If you find your daughter always cartwheeling or doing a handstand, then artistic gymnastics is the class for her. Artistic gymnastics is performed on various apparatus including the floor, uneven bars, beam and vault.

Levels - We provide levels classes from level 1 - level 5+. Entry into levels classes requires a skills assessment to determine the appropriate level. These classes teach competitive gymnastics, following the Gymnastics NSW levels program. As well as representing St Catherine’s gymnastics at various sanctioned competitions throughout the year, students will have the opportunity to be selected for Club, Regional, State and National representation.

General Gymnastics - These classes involve general gymnastics, which is a foundation sport, and can develop a child’s motor skills and prepare them for long term participation in all sports. These non-competitive classes involve a large variety of movement experiences on traditional apparatus (bars, beam, floor, vault and trampoline). Gymnastics for students in Kindergarten - Year 2. Gymnastics skills for students in Years 3-6.
Rhythmic Gymnastics
St Catherine’s Rhythmic Gymnastics (RG) program is one of the most successful school based programs in NSW with many girls representing the State and Australia. RG is an Olympic sport that develops strength, flexibility, coordination and expression using five apparatus – rope, hoop, ball, clubs and ribbon. Let your daughter experience rhythmic gymnastics and watch her confidence and self-esteem grow in leaps and bounds!

Levels – We provide levels classes from level 1 - elite. Our levels classes begin with level 1-2 for beginners where gymnasts learn club set routines and have the option to be either recreational or competitive. Students are then able to progress through intermediate, advanced and even elite levels, where gymnasts learn club or individual choreographed routines to perform at a number of events at a state, national (level 6+) and international level (Elite). Entry into levels classes requires a skills assessment to determine the appropriate level.
Out of School Hours Care (OSHC)

Parents can have peace of mind knowing that their children are well cared for and engaged in safe, healthy activities before and after school. As we believe the learning extends beyond the classroom, we offer our students the opportunity to continue to learn in fun and exciting ways about themselves, their community and the world around us.

Our Out of School Hours Care (OSHC) service is available for all junior school students to support families.

**Before school care**

*Operating hours:* 7.10am-7.50am  
*Fees:* $18.80 or $21.80 for casual bookings

Our before school care program offers students:
- A warm and welcoming environment to start their school day
- Homework assistance
- Quiet activities including art and craft, reading, board games, imaginative play and building and construction.

**After school care**

*Operating hours:* 2.45pm-6pm  
*Fees:* $25.90 or $28.90 for casual bookings  
*Late Fee:* It is important that your daughter is collected no later than 6pm, otherwise a penalty of $10 for each 15 minutes will be applied to cover staffing costs.

Our after school care program offers students:
- Study club for students in Years 5-6 in the library from 3pm – 4pm where they will work on their homework supervised by a member of staff
- Homework assistance for all students
- Art and craft activities
- Outdoor sports and games
- Imaginative play opportunities
- Quiet activities including reading, board games, drawing and building and construction
- Teacher led and child directed play and activities
- Afternoon tea and snack
- Pick up and drop to extra-curricular activities.
Holiday program

St Catherine’s holiday programs aim to provide a safe and stimulating environment where children can go during the school holidays to play, relax and learn new skills.

Holiday program

All our programs are open to the students of the school, siblings and boys and girls in the community. Each holidays we offer a variety of programs including creative and visual arts, sport-specific, educational and cultural programs.

The standard opening hours are from 9am-3.30pm with the main activities on offer from 9.30am.

Busy working parents can also take advantage of our early and late clubs, no matter what program they are attending, which extend the day from 7.30am-6pm at an additional charge.

To see what’s on offer you can view the latest holiday program booklet on our holiday program website:

http://holidayprogram.stcatherines.nsw.edu.au/